



December 8, 2008

Saluki Swim Club

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Practice changes

Please note that the most timely changes to the practice schedule are available on the club website.

Christmas Holiday Schedule is located on the next page. There will be additional practice schedule changes for the week of Jan. 5-10.

"The only way of finding the limits of the possible is by going beyond them into the impossible."

-Arthur C. Clarke



Building a Culture of Achievement

Update #166

Saluki Swimmers Impressive in H2O Invitational

The Saluki Swim Club had only 5 members competing in the H2O Invitational in St. Peters, Mo., but those swimmers stood out among tough competition. All together Saluki swimmers achieved 4 sectional cuts and 32 Ozark cuts and 20 lifetime best times. Saluki swimmers achieved 1 AAAA, 3 AAA, 7 AA, 7 A, 13 BB, and 1 B times in the meet.

Elizabeth Bell finished 2nd in the 400 IM, 4th in the 50 free (Prelims) and 5th in the 200 IM (Prelims).

Braci Dutton finished 2nd in the 100 free, 3rd in the 50 and 200 free, 7th in the 100 fly, 8th in the 200 back, and 9th in the 100 back.

Halli Lincoln finished 2nd in the 100 back, 4th in the 50 back, 100 free, and 100 IM, 5th in the 200 IM, 6th in the 50 and 100 fly, 8th in the 50 free and 9th in the 200 free.

Matthew McAuliffe finished 9th in the 100 fly and 14th in the 50 breast.

Jacob Stone finished 14th in the 100 back and 16th in the 50 breast, 100 IM, and 200 free.

Saluki Swim Your Own Age Meet - Saturday, Dec. 13

On Saturday morning, December 13 we will host a small, fun one session meet. This meet will allow the swimmers to swim in single age groups (9,10,11,12,etc). We will swim one event in each of the four competitive strokes (either the 25, 50, or 100 yard event depending on age). The warm-ups for the meet will start at 8:15 am and the meet will begin at 9:00 am.

The meet should only last about 2 to 2 and half hours. We will ask for parent volunteers on Saturday morning to help us run the meet. This meet will be a great chance for the swimmers to race and it will also be a great opportunity for parents to learn a new swim meet job.

Saluki Swimmer Elizabeth Bell to Compete in 2008 Junior National Championships

Long time Saluki swimmer Elizabeth Bell will travel to Austin, TX to compete in the 2008 Junior National Championships. Elizabeth qualified to swim the 50 free and 100 fly at the meet. She will compete against our country's best 18 years old and younger swimmers. Bell will swim on Thursday, Dec. 11 and Friday, Dec. 12.

Announcements

Upcoming Meets:

We have several meets coming up in January and February. Make sure to check the website for sign-up deadlines. Also after sending your intention to enter the meet, check the website for each meet to ensure your name has been added to the list.

Special Thanks to all Parent Volunteers Who Make all of Our Meets Successful!

Coming Soon: Bead Your Best Time

Beginning in January, we start a new motivation and recognition program. In this program, Saluki swimmers will receive beads to display on their swim bags for best times they achieve in meets. A direction and explanation sheet will be handed out to each swimmer and parent in January.

Important Dates

Detailed meet information is available on the Calendar page of the Saluki website.

Please remember to check the Calendar page for meet sign-up deadlines:

- Paducah Swim Fest - 12/8
- Winter Invitational - 12/29

Swim Your Own Age

It's back! This event was so popular last year that it just had to be on the schedule again in 2008!

December 13: Shea Natatorium

New Athlete Evaluations

New athletes wishing to join the Racing Team for the Winter 2009 session are invited to Pulliam pool at 6:00 p.m.

December 15: Pulliam pool

Paducah Swim Fest

The information for the Paducah Swim Fest is on the website. The meet will be held at the Murray State facility due to renovations at the Executive Inn.

January 2-5

Winter Invitational

This new meet on our calendar this year will be held at Lindbergh pool.

January 23-25: St. Louis, MO

Great Times

Always popular with Saluki. This meet is the last full blown opportunity for athletes to get their Ozark qualifying times.

February 6-8: Cape Girardeau, MO

Tri-State Championship

We don't have a date for this meet yet.

Tentative Date: February 15

Ozark Championship

You must qualify for this meet.

February 27-March 1 St. Peters, MO

Winter Session Sign-ups Are Coming Soon

It is hard to believe but the fall session is almost over. This year's Fall session was filled with excitement and change. With new Coaches on board and settled in, the Winter Session looks to be a exciting time of great improvement for the Saluki Swim Club Swimmers. Soon it will be time to register for the new session. As you look ahead toward the next session, please double check your account and make sure it is up to date.

Winter Evaluation Day - Monday, December 15

Our Winter Evaluation Day is coming up on Monday, December 15. If you know of any swimmers or families who might be interested in joining the team, inform them about this day. Any swimmer or family who is interested, should contact Coach Jay at the Saluki HQ number or by email.

Have a Merry Christmas!

Christmas Holiday Schedule:

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|--------------------|----------|-----------------------|
| Monday, Dec. 22 | noon-2PM | Group 1 and 2: noon-1 |
| Tuesday, Dec. 23 | noon-2PM | Group 3: 12:30-2 |
| Monday, Dec. 29 | noon-2PM | Group 4: noon-2 |
| Tuesday, Dec. 30 | noon-2PM | |
| Wednesday, Dec. 31 | noon-2PM | |

All practices are held at Life Community Center Pool 2500 W. Sunset Dr. Carbondale, IL.

Keep Up With All That Is Happening With Saluki Swim Club

Being involved in the sport of swimming means keeping up with schedules, deadlines, and practice changes. The SwimSaluki.com webpage is a great source of up to date information on all that is happening with the swim club. Try to check the page every couple of days for the latest deadlines and schedule changes. Also remember that you can contact the coaches at their email addresses or you can contact Coach Jay Newton at the Saluki HQ line (457-1103). So list swimsaluki.com as one of your favorites today!

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
				Group 4 Practice 5:30-7:30 at Pulliam	Group 4 Practice 6-7:30 at Pulliam	Swim Your Own Age Meet Warm-ups 8:15am
14	15	16	17	18	19	20
	New Athlete Evaluations 6:00pm @ Pulliam					